



CULINARY COMPETITION CONTEST RULES

Competition Goal

The goal is to promote the chef and foodservice management and/or dietitian partnership and demonstrate the extraordinary culinary talents and creativity within AHF.

Eligibility

- The AHF Culinary Competition is open to all AHF operator members employed full-time.
- Members/member facilities of the Culinary Competition and Conference Planning Committees are not eligible to compete.
- The team must consist of the chef or other culinary professional and a non-culinary member of the facility's foodservice management and/or dietitian team. Teams shall not have more than two members. At least one member of the team must be an AHF member.
- The Culinary Competition is open to all culinary professionals (chefs, cooks and production personnel) employed on a full-time basis at the member's healthcare facility/system.

Entries

Tyson Food Service, culinary competition sponsor, is offering every competition entrant 250 Tyson Rewards points!

Each entry must include:

- Culinary Competition Registration Form
- Original entrée recipe and recipes for side dishes and sauces
- Raw Food Cost for one finished plate
- Nutritional Analysis
- List of small appliances that contestants' team will bring onsite. (Please see list of equipment below that AHF will provide.)
- Attach a Bio for each Contestant (maximum of 150 words each), summarizing each contestant's career highlights leading to the Culinary Competition event
- Contestants' team photo (JPEG/300dpi format)
- Color photo of finished plate (JPEG/300dpi format)

Entries (continued)

The entrée recipe must feature the Tyson Food Service mandatory ingredient: Tyson All Natural, Boneless, Skinless, Thigh Filets, maximum 7 oz. (product code 3177-928). To receive a sample, call 1-800-24-TYSON.

The raw food cost is not to exceed \$5.00 per plate. This includes entrée, side dishes, sauces and garnish.

The entrée recipe with side dishes and sauces must be within the following nutritional guidelines, and a nutritional analysis verifying the following must accompany the recipe submission.

- Maximum of 700 calories
- Less than 23 grams of fat (maximum of 30% of total calories)
- Less than 750 mg of sodium
- Minimum of 7 grams of fiber

Recipe entrees will be reviewed by the Culinary Competition Committee, who will select the top five finalist recipes based on the following criteria:

- Use of Textures/Color
- Originality
- Plate presentation

Preliminary Procedures

Only the mandatory ingredient will be supplied by AHF: Tyson All Natural, Boneless, Skinless, Thigh Filets, maximum 7 oz. (product code 3177-928).

All other recipe ingredients are the responsibility of the contestant. All ingredients will be reviewed and only those ingredients listed on the contestant's recipe will be allowed for use.

All ingredients must arrive in a raw/unprepared state. No prepared foods will be allowed in the prep kitchen, with the exception of commercially prepared sauces or bases.

Each contestant will be allowed up to one hour of organization time the day before the competition.

- No advance preparation, measuring or cooking is allowed during the organization period. Vegetables and salads may be cleaned and washed but not cut or shaped in any form.
- Team members will be the only people allowed in the prep area.

*Contestants must provide their own knives, additional cookware and/or small appliance. A list of small appliances being brought must be provided with the initial application. All cookware must be induction burner compatible. **Blow torches are the only other additional heat source that may be used during preparation and competition.***

Kitchen storage and refrigeration space will be available.

Competition

The five Chefs who are chosen as finalists will receive the following:

- \$750 Travel Scholarship from AHF (covers expenses for airfare/mileage and hotel room and tax only up to \$750).
- Complimentary registration to the conference.

All finalists are required to attend a pre-competition briefing, at times determined by the Culinary Competition Planning Committee.

Finalist contestants must wear a professional chef's coat (provided by Tyson), chef hat (provided by AHF), black (or black and white checkered) pants and foodservice safety shoes. Athletic shoes are not allowed.

Each contestant must prepare six portions of an original entrée, with side dishes and sauces to balance the plate. All portions must be presented on a plain white plate supplied by AHF. Each of the five judges will be presented with their own plate for judging purposes.

Contestants will have a total of 75 minutes to compete and create the five plates for the judging panel. The finished plates will NOT be presented to the judges until the conclusion of the team's 75 minute period. If the plate is NOT complete, it will still be pulled and presented to the judges as is. After the contestants have presented their plates to the five judges, they will have the opportunity to create a sixth plate for display purposes only for audience observation.

Each competition cooking station will be supplied with the following equipment:

- Four 6' skirted tables (one for display cooking, one for prep, one for utensils and plating and one for manual ware washing)
- 2 full-size chaffers with half pans
- 2 single induction burners (each induction burner needs its own 20 amp circuit)
- 2 sauté pans (one -9" and one- 11" diameter), induction burner compatible
- 2 sauce pans (4 1/2 quart capacity)
- 2 cutting boards (12" X 18")
- 6 white plates (10" diameter)
- 1 trash container with liner
- 2 sanitation buckets
- 2 bussing pans (one with soapy water, and one with plain water)
- 1 roll of plastic wrap
- 1 roll of aluminum foil
- 1 rack with full sheet pans
- Assorted Utensils – 2 solid spoons, 2 slotted spoons, 2 pair of tongs, 2 heat resistant rubber spatulas, 2 wire whips, 2 small metal bowls, 2 medium metal bowls, 2-2 oz. ladles, 10 soup cups, 10 teaspoons, 1 pocket thermometer, aprons, towels, disposable gloves, hand sanitizer, wiping cloths and cleaning supplies.

Competition (continued)

The only heat source allowed for recipe preparation will be the induction burners supplied by the AHF and blow torches supplied by contestants. Additionally, competitors may bring small appliances (such as food processors or immersion blenders) to assist in the preparation of the recipe during the competition time. A list of appliances must be submitted with the initial entry submission.

In all cases, if a competitor brings any type of appliance, the Culinary Competition Planning Committee must approve its use in advance of the competition. Any small appliances the contestant may choose to bring must be listed in the original submission.

Volunteers will deliver plates to the judges. No other assistance is allowed. Competition times will be staggered in five minute increments. Start times will be randomly assigned.

Judging

The judging panel will be made up of five industry experts. They will be using a 100-point scale, as follows:

– ***Organization: Maximum of 15 points***

Cleanliness, organization/work flow, sanitation/HACCP, time management and general preparation management

– ***Culinary Skills: Maximum of 35 points***

Knife skills, cooking techniques, proper use of equipment, recipe compliance and proper food handling

– ***Taste & Presentation: Maximum of 50 points***

Originality/ingredient compatibility/use of color, consistent portion size/plating technique/garnishing, product doneness/texture, taste/seasoning and overall appeal

The decisions of the judges are final.

Prizes

First, second and third place AHF prizes will be awarded based on total points:

– ***First place:*** Engraved Plates and AHF Culinary Competition Gold Medals, Set of knives,

\$500 Tyson Reward points

– ***Second place:*** AHF Culinary Competition Silver Medals, \$300 Tyson Reward Points

– ***Third place:*** AHF Culinary Competition Bronze Medals, \$200 Tyson Reward Points

All contestants will receive a certificate of recognition for their demonstrated culinary talent and creativity.

Awards will be presented during the conference. All winners will be announced on the AHF Web site, through press releases and be featured in *S.O. Connected*.



Deadlines

All entries must be received at the AHF office by **April 1, 2011**. Please fax or email entries to Michelle Romero at (502) 589-3602 or culinarycompetition@healthcarefoodservice.org. Finalists will be selected by **the end of April**. The Culinary Competition will be held the evening of June 7th, 2011, during the 2011 AHF Annual Conference which will take place at the Arizona Biltmore in Phoenix, AZ.

Other

All recipes entered into the Culinary Competition become the property of AHF and the Culinary Competition sponsor Tyson Food Service.

By entering, contestants grant permission to AHF and the Culinary Competition sponsor Tyson Food Service to publish and/or use in any way the materials submitted, including the recipes, names and photos of the competitors.

Permission to use copyrighted materials, symbols, etc., must be verified with a copy of the permission from the copyright owner.

AHF, the Culinary Competition nor sponsor Tyson Food Service shall be liable or responsible for personal, healthcare institution or company equipment that is lost, stolen or broken.